



## Get active for mental wellbeing

Exercise is a vital part of our wellbeing. It releases a 'feel good' chemical and can improve our self-esteem, mood and often helps us with anxiety.

You are our home school heroes!

Try to complete a workout alongside some famous characters. This week compete with 'The Last Jedi' in [Star Wars Sith Dark Side workout](#) or 'Supergirl' in [Supergirl kids workout](#). You could even challenge yourself to both!

For those who prefer to exercise through dance, head over to *Strictly Come Dancing's* Oti Mabuse for another class! This week is [Mamma Mia themed dance class](#).



Another fun way to exercise is by completing fitness bingo. Use a timer if possible to complete each activity on the list for 30 seconds. Once the 30

seconds are up, move on to the next activity for the same amount of time. You can complete this activity alone or with other members of your household. Good Luck!

Hopscotch	Sprint on the spot	Right leg balance	Star jumps	Squat
Sit ups	Right leg hop	Rest	Left leg hop	Rest
Jog on spot	Small arm circles	High knees	Hop scotch	Left leg balance
Rest	Toe touches	Rest	Big arm circles	Lunges
Star jumps	Sprint on spot	Left leg hop	High knees	Rest

Alternatively, you can create a sense of calm with Wizard of Oz themed yoga. Click the link, [The Wizard of Oz yoga](#) to see this classic story told in yoga poses.